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Maclean's magazine says Calgary is tops across the country for culture.

Calgary most cultured city

SURVEY Calgary was ranked "most cultured" city in Canada in the most recent issue of Maclean's magazine.

Calgary outranked every other city in the country in percentage of households who spent money on museums and the arts.

Alberta Theatre Projects was excited to learn about the culture status, but said they are not surprised.

"We've always known that we live in a culturally sophisticated city that combines the curiosity of citizens new and old, the devotion of government and the incomparable support of the business community," they said.

The Canadian Council on Learning was cited in the article stating attending museums and performing events as important.

Calgary was followed by Victoria, B.C., and Gatineau, Que., rounding out the top three.

METRO CALGARY

World page 6



Tough talk from Palin

Sport page 9

Stamps defence to re-group

'We have lost one of the best'

Family, friends left to deal with loss of Calgary soldier

KRISTA SYLVESTER
 krista.sylvester@metronews.ca

A young Calgary soldier was among the three latest Afghanistan casualties and friends and family are grieving the loss of their pride and joy.

Pte. Chadwick James Horn of Calgary, but based out of Shilo, Man., was killed along with two other Canadian soldiers when their armoured vehicle came under direct attack in the volatile Zhari district of Afghanistan.

Horn was due back from his tour of duty in 10 days and his family is reeling with word of the loss.

"Chad was an amazing young man who had his whole life just opening up in front of him. He was loving his military career and very committed to the mission he was on," his aunt, Darlene Horn, told Metro. "We have lost one of the best."

A Facebook group was up within hours dedicated to the 21-year-old survived by his parents, grandparents and sister.

First cousin Todd Horn

said the family is still too shaken up to talk about their loss, but might be ready when they feel more comfortable.

"We're still trying to put the pieces together," Horn said.

Many friends and family have posted photos of their beloved brother, nephew, and good friend.

Dale Woloshyn told Metro in the short time he knew Chad as a friend he was a friendly guy who was always there for others.

"One thing I really remember about him is the big smile he always had on his face. It didn't matter where you were, he would always stop to have a chat and see how you were," he added.

"He was a very brave person who sacrificed for all his friends and family."

Cpl. Andrew Grenon, 23, and Cpl. Mike Seggie, 21, were also killed, along with five injured, two seriously, in the same attack.

"The soldiers were conducting a security patrol

when the attack occurred," said Brigadier-General Denis Thompson, who commands the Canadian force in Afghanistan.

So far 96 Canadian soldiers have died since Ot-

Pte. Chad Horn of Calgary was killed in an attack in Afghanistan yesterday, along with Cpl. Andrew Grenon and Cpl. Michael Seggie. All three belonged to the Second Battalion, Princess Patricia's Canadian Light Infantry based in Shilo, Man.



"Chad was an amazing young man who had his whole life just opening up in front of him."

Darlene Horn, aunt

Zoo parking fee eased for low incomes

NEIL MACKINNON
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Low-income zoo patrons are set to get some parking fee relief.

While the Calgary Zoo will implement a \$5 per day parking fee by July 1 next year, off-setting a \$7 million

expansion of its north lot and the addition of 500 spaces for LRT users, low-income visitors may not have to bear the full brunt of the new charge, the city's community and protective services committee heard yesterday.

"They have a long history of successfully responding to people in this situation and I have full confidence that they know how to best deal with it," said committee chair Ald. Bob Hawkesworth.

The zoo, which already has several programs in place to reduce or eliminate admission costs for low-income visitors, is looking into discount or coupon programs to further mitigate the impact of parking, said Laurie Herron.

"We're also looking at a number of free days, reduced admission days or free parking days to help low-income people so costs of visiting the zoo aren't prohibitive," she said.

The parking fee will not be applicable to pass holders.

"They have a long history of successfully responding to people in this situation."

Bob Hawkesworth

tawa deployed troops to Afghanistan in late 2002.

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Father charged with breaking infant's leg

Lethbridge police have charged a 20-year-old man with allegedly breaking his two-month-old boy's leg. One count of assault has been levied against the man for the Aug. 27 incident. **METRO CALGARY**

3

Local



Police warn of sex offender

The Calgary Police Service warned the public yesterday of the release of Michael Andrew Scott, 35, after having served 12-and-a-half years in prison for three counts of sexual assault, two counts of robbery and two counts of uttering threats to cause death or harm. The CPS warns that Scott has a criminal history of attacks against adult women.

METRO CALGARY

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ROGERS

Firefighters' charity gets \$12,000 boost

DONATION It helps victims ease the pain, speed up their recovery and get back to a normal life.

Scotiabank handed a \$12,000 donation to the Calgary Firefighters Burn Treatment Society yesterday, cash that helps buy equipment not covered by government funding and ongoing education for Foothills Hospital burn unit doctors and nurses, said the society's vice-president Jeremy Leece.

"It's invaluable," said Leece, noting the society receives about \$500,000 from private and corporate donors annually. "It goes a long way to helping us assure burn victims that what they're gone through is not the end of the world."

Scotiabank, which has raised \$82,000 for the burn unit over 13 years worth of Stampede pancake breakfasts, plans on carrying over past successes for years to come, said Kara Garner-Welsh.

"It's such a great cause," she said, adding this year's breakfast was the first where burn victims joined in the feeding frenzy.

NEIL MACKINNON/METRO CALGARY

Fest boasts flicks for all

Films on fashion, murder and sin to hit big screens

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There might be 33 per cent less fartsy, but Calgary's International Film Festival still promises something for everyone.

Entering its ninth year, the festival has swelled in size from its original 40-film slate to more than 300 in 10 days, and expects to draw more than 40,000 viewers. "There's really a lot to see," said executive director Jacqueline Dupuis. "And not all of these films provide an escape from reality."

From high profile gala presentations and parties to a short-film presentation on the Seven Deadly Sins and a women's perspective from the director's chair to a Fashion in Film series which will delve deep into the world of clothing and trends "that will really make you think about the clothes you wear," Dupuis said it's shaping one to be one of the best festivals to date.

"This is the best lineup for documentaries we've had across the board for a long time."

Trevor Smith,
fest's doc manager

And that's especially true in the documentary schedule, where a film entitled Dear Zachary, a diary to the unborn son of a murdered man, directed by his friend Kurt Kuenne, which seeks to give the child a perspective on his father and unveils that the suspected murderer is actually the boy's mother.

"This is the best lineup for documentaries we've had across the board for a long time," said documentary showcase and music on film program manager Trevor Smith.

The Festival begins Sept. 19 and runs through Sept. 28.



Jacqueline Dupuis, executive director of the Calgary International Film Festival, is all wrapped up in this year's silver screen showings, slated to run later this month.

CPS officer faces assault charge

DISTURBANCE An alleged 2007 disturbance at a Kensington-area bar has landed a member of the Calgary Police Service with a charge of assault and one charge of uttering threats.

Const. Darwin Pearce, 41, an 18-year veteran of the CPS was off-duty when police responded to the call in December 2007.

An investigation was launched by the CPS Professional Standards Section and forwarded to the Edmonton Crown Prosecutor's office for review, resulting in the charges.

Currently, Pearce is on leave with pay. **METRO CALGARY**

metronews.ca

What's online today.

Watch reports on Canada's latest casualties in Afghanistan and on Mount Royal College's efforts to win recognition as a fully accredited university.

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It should get easier to access Calgary's downtown as Langevin Bridge re-opened this morning after nearly a month of construction and \$135 million in utility upgrade work for the East Village. As many as 17,000 vehicles use the bridge daily. **METRO CALGARY**

Fountains flow at U of C

NEIL MACKINNON

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They're bucking a growing national drought.

While a Canadian Centre for Policy Initiatives report said that 33 per cent of Canada's post-secondary institutions reported a reduction in the number of water fountains and another 43 per cent reported delays in

getting water fountains repaired, the University of Calgary isn't among them, said Colleen Turner.

"It might be happening other places, but it certainly isn't happening here," said Turner of the report that blamed increasing financial dependence on exclusivity contracts with bottled beverage companies for vanishing on-campus water fountains. "Having healthy wa-

ter available for our students and staff is just part of having a healthy university community and frankly, it's just not an issue here.

The University of Calgary has an 11-year-old deal with Pepsi Bottling Co. that allows 102 vending machines across the campus.

Nationally, 94 per cent of colleges and universities have such agreements.

There are 225 water

fountains at the university, a number that will remain stable, Turner said, as old fountains are not being decommissioned, but replaced with new stainless steel models.

"We just finished a retrofit of 54 new fountains that offer chilled water," she said. "And our future construction plans include plumbing for continuing to have water fountains."



Hockey Calgary president Perry Cavanagh said coaches wearing hockey helmets when on the ice during practices could be mandatory nationwide in the coming months. Hockey Calgary adopted the policy Sept. 1

Lid law already 'in the works'

KRISTA SYLVESTER

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While Hockey Calgary ruled all coaches must wear helmets while on the ice after an incident last year, the decision was "inevitable" according to an official.

Hockey Calgary president Perry Cavanagh said while the incident when a coach fell and hit his head causing a brain hemorrhage was a factor, it wasn't a "catalyst."

"It was already in the

works and it's inevitably coming down the line and I think will be mandatory across Canada within the year," he said, adding eight out of 13 jurisdictions already have the mandatory helmet rule.

Starting Sept. 1 all coaches, trainers and volunteers must wear a helmet while on the ice.

"It protects our coaches and keeps them safe, but secondly it promotes a good example for the kids to follow."

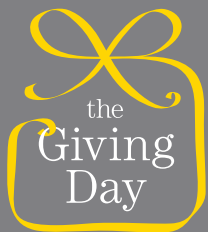
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Ipsos-Reid is looking for people currently undergoing treatment for HIV/AIDS to participate in market research exploring the patient perspective on HIV diagnosis and treatment.

Small group discussions will take place at a central location in Calgary September 10.

Qualified individuals will receive \$150 for participating in the discussion which will last approximately one and a half hours.

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Bisphenol A linked to mental illnesses

A study out of the University of Guelph has found low levels of exposure to bisphenol (BPA) hinders the formation of synapses in the brain. They claim the research supports the possibility that BPA may be involved in Alzheimer's disease, depression and schizophrenia. **METRO NEWS SERVICES**

Canada



Beer battle

A long-brewing bottle battle in Ontario has been settled between Brick Brewing Co. and the main beer supplier Brewer's Retail, allowing Brick to keep selling its Red Cap brand in "stubby" short-neck bottles. Details of the deal were not released. But Brewer's had threatened to cut off Brick's supply of standard bottles saying that the brewer violated an agreement by using non-standard stubbies. **REUTERS**

PM to launch food probe

The federal government will launch an independent probe into the outbreak of listeriosis food poisoning linked to tainted meat, Prime Minister Stephen Harper said yesterday.

Harper told an audience in Windsor, Ont., that he was "troubled" by the outbreak, both as the leader of the country that had made substantial investments in food inspection and as a father whose family ate processed meat at home.

He said he recognized the company had accepted responsibility for the outbreak, but an independent investigation was still needed to determine what went wrong.



"We will be taking serious follow-up action on this."

PM Stephen Harper

"We will be taking serious follow-up action on this," said Harper, who brought up the listeriosis issue at the end of a news conference, during which he had not been asked about it.

Critics of Canada's food inspection system, including the inspectors' union, complain it is too understaffed and overly reliant on industry data.

REUTERS

Vancouver Dolphin fishing protest



A protester wears a dolphin mask during a rally outside the Japanese Consulate in Vancouver yesterday. Members of Campaigns Against The Cruelty to Animals were drawing attention to the 25,000 dolphins killed every year by Japanese fisherman to sell for meat.

E-mail gossip can prove to be costly

COURT CASE A recent out-of-court settlement provides a cautionary tale for anyone who has ever sent an e-mail saying malicious things about someone, especially if untrue.

In this instance, a defamatory e-mail was forwarded to two others, including to the man whom the "malicious gossip" was directed. The victim received \$5,000 plus costs.

TORSTAR NEWS SERVICE

News in brief

ELECTION Prime Minister Stephen Harper indicated yesterday he would call an Oct. 14 general election in the next few days in the light of fruitless talks with the three opposition parties. One government official said the election call was now expected on Sunday morning.

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Climate change makes for stormy weather, researchers say
As the world's oceans get warmer, tropical storms increase in severity, climate scientists reported yesterday. Researchers looked at satellite data from 1981 to 2006 and determined that the strongest storms got stronger as a result of increasing ocean warmth. **REUTERS**

World



MMR shot, autism unrelated

Scientists said yesterday they could not find any truth to a purported link between autism and the combined vaccine for measles, mumps and rubella. Parents' refusals to have their children vaccinated against measles have contributed to the highest numbers of cases seen in the United States and parts of Europe in many years. Measles kills about 250,000 people a year globally, mostly children in poor nations. **REUTERS**

News in brief

PAKISTAN Taliban gunmen fired shots at Pakistani Prime Minister Yousaf Raza Gilani's motorcade yesterday, but police said he was not in it at the time. The motorcade was headed to the airport to pick him up.

YONGBYON North Korea has taken some mothballed nuclear equipment out of storage at its Yongbyon nuclear facility. U.S. officials view this as a negotiating tactic, not a true effort to rebuild the complex, which experts believe has produced enough plutonium for six to eight bombs

HURRICANE Hurricane Ike strengthened rapidly into an "extremely dangerous" Category 4 storm in the Atlantic Ocean with 135 mph winds yesterday, the U.S. National Hurricane Center said. Ike was moving west-northwest but was expected to turn to the west tonight and Friday, taking it over the open waters of the west-central Atlantic. It was still too early to tell what if any land areas might be affected by Ike. **REUTERS**

Palin comes out swinging

Sarah Palin touted her small-town roots and swiped at Democrat Barack Obama during a highly anticipated speech to the Republican convention yesterday, ridiculing her critics as "the Washington elite".

In her public debut in the spotlight, John McCain's running mate drew roaring cheers when she came out swinging against Obama and members of the media.

"I've learned quickly these past few days that if you're not a member in good standing of the Washington elite, then some in the media consider a candidate unqualified for that reason alone," the Alaska governor told the crowd.

Palin has been the centre of a media storm fueled by her unmarried teenage daughter's pregnancy, a probe into her role in an Alaskan official's firing and questions about her political record



Track Palin, Bristol Palin, her boyfriend Levi Johnston, Willow Palin, Piper Palin, husband Todd Palin, presumptive Republican U.S. presidential nominee Sen. John McCain and his vice-presidential nominee Gov. Sarah Palin stand on stage at the Republican National Convention yesterday.

Palin's anti-abortion and pro-gun history has excited conservatives and party activists, but the speech gave Americans their first chance to judge her for themselves.

She said her service as mayor of Wasilla, Alaska lent her a realistic perspective, and contrasted that with Obama's background as a first-term senator and community advisor in

Chicago.

"I guess a small-town mayor is sort of like a 'community organizer,' except that you have actual responsibilities," she said. **REUTERS**

Official says bad intelligence led to Pakistan raid

PAKISTAN Suspected U.S. commandos blamed for 20 deaths in Pakistan acted on faulty intelligence, that was never shared with Pakistani forces within the country, a Pakistani official said yesterday.

"The people who have been killed are unarmed civilians, not militants, and those include women and children," said Nadeem Kiani, spokesman for the Pakistani Embassy in Washington.

Kiani said the predawn raid near the Afghani border yesterday was a violation of Pakistan's territory.

Pakistani officials suspected that U.S. soldiers backed by helicopter gunships carried out the attack in a region known to host al Qaeda and Taliban militants. Spokespeople for Afghanistan's NATO-led force, and the U.S. Defence Department said they had no information about the incident. **REUTERS**

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U.S. pledges \$1-billion in aid for Georgia: Rice

CONFLICT The United States announced at least \$1 billion in aid yesterday to help ally Georgia rebuild after its war with Russia,

Secretary of State Condoleezza Rice unveiled the plan to help reconstruct Georgia's economy and infrastructure that were destroyed by the Russian military as it crushed Georgia's attempt to regain control of the separatist enclave of South Ossetia. The nation could "survive, rebuild and thrive," with U.S. help, Rice said.

The first \$570 million will be delivered by year's end. A multiyear aid commitment to Georgia "will

begin now under President Bush and we believe strongly will endure in the next U.S. administration," Rice said.

But Rep. Ileana Ros-Lehtinen of Florida, the ranking Republican on the House Foreign Affairs Committee, said she feared some lawmakers might balk at the price tag.

"I don't know if Congress is ready to swallow that big of a bite," she said.

U.S. officials said it was too soon to provide Georgia with military aid, but Rice said it was "high time" Russian troops withdrew according to a negotiated ceasefire. **REUTERS**

Spain **Protesting bloodshed**



An animal rights activist covered in red paint lies on a white sheet, mimicking the Japanese flag, during a Madrid protest against dolphin slaughter in Japanese fishing operations. **REUTERS / SUSANA VERA**

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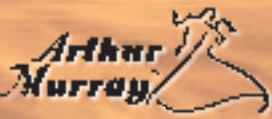
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Instant \$50 rebate from The City of Calgary.

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8

Adidas, Wal-Mart settle lawsuit
Adidas AG, the world's No. 2 sports goods maker, settled a logo-infringement lawsuit against Wal-Mart yesterday. Details of the settlement were not released. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Bank of Canada holds rates at 3%

INTEREST The Bank of Canada held its key interest rate steady yesterday and signaled it was in no hurry to cut rates any time soon, even as it warned that the U.S. economic outlook could worsen.

"The bank judges that the current level of the target for the overnight rate remains appropriately accommodative," it said in a statement outlining its decision to keep the overnight rate at three per cent.

The move was expected by primary securities dealers and leaves the rate one percentage point higher than the U.S. equivalent.

But the market, spooked by data showing the economy stagnating in the first half of the year, had priced in an almost 40 per cent chance of a rate cut and the Canadian dollar edged higher. **REUTERS**

Business in brief

FORD The federal government will offer Ford Canada up to \$80 million over five years to help build facilities that could "create or sustain" some 750 jobs in Windsor, Ont., Industry Minister Jim Prentice said yesterday.

TECH Dell Inc. Chief Executive Michael Dell said his company may one day sell a device that competes with Apple Inc.'s iPhone, though he does not plan to get into that market any time soon.

REUTERS

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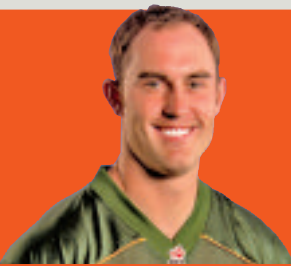
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Bruins ink veteran Yelle to deal

The Boston Bruins added veteran depth by inking forward Stephane Yelle, right, to a contract. Per club policy, terms were not disclosed. Yelle recorded three goals and 12 points in 74 games last season for the Calgary Flames. **METRO NEWS SERVICES**





Sports

Ray wins weekly CFL honours

Ricky Ray, left, and Kamau Peterson of the Edmonton Eskimos were among the top players for the CFL in Week 10. Ray earned offensive honors after completing 26-of-38 passes for 376 yards and three touchdowns in the Eskimos win over the Stampeders. Peterson earned Canadian Player of the Week honors. The defensive player of the week was Montreal Alouettes cornerback Mark Estelle. Dominique Dorsey of Toronto Argonauts was the top special teams player. **METRO NEWS SERVICES**

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Defence looks to re-group

DAN TOTH
for Metro Calgary



Henry Burris's injured foot is worrisome, but an even greater concern is the bruised egos of the entire Calgary Stampeders defence.

Burris is expected to start at quarterback tomorrow in Edmonton (7 p.m. TSN) despite an injured left foot suffered in a 37-16 Labour Day loss to the Eskimos. A greater sore point is the battered self-esteem and confidence of the Stampeders defenders who were burned in that game for four touchdowns and nearly 500 yards of offence by Eskimos quarterback Ricky Ray.

"He's got a lot of weapons and he uses his skillset really well but we've just got to do a better job taking it

Concussions end Dickenson's season

It appears that the playing career of Calgary Stampeders' quarterback Dave Dickenson has come to an end, TSN.ca is reporting. On Monday, Dickenson replaced Henry Burris in the Stamps' loss to the Edmonton

Eskimos, but did not finish the game. Yesterday, Dickenson was placed on the nine-game injured reserve list with post-concussion syndrome, making him ineligible for the remainder of the regular season.

away," warned Stampeders safety Wes Lysack.

"He creates opportunities even when you do collapse the pocket and gets out of there and they've also got a lot of receivers with speed."

The Stampeders (5-4) now find themselves in third place in the Canadian Football League West Division, two points behind Edmonton (6-3). Calgary has also lost both games against Edmonton this season, giving the Eskimos the season series and the first tie-breaker for playoff positioning.

"We just can't play a bad game against a good team and that's what we did (Labour Day)," Lysack said.

"We can't do that again Friday (in Edmonton)."

The quick turnaround forces the Stampeders to re-group before heading to Edmonton's Commonwealth Stadium, traditionally a difficult venue for the Red and White.

Despite that challenge, the defence can't wait to get on the field for a shot at redemption.

"It's always good to get

that bad taste out of your mouth as fast as possible," said linebacker Jojuan Armour.

"We know we've got a fight on our hands, as always, and we've got to be prepared."

Another concern is the defensive line's inability to sack Ray, a legend at dissecting defences when given time to operate.

"We get a little break to watch some film and learn from our mistakes but have to keep it fresh in our minds," said Stamps defensive lineman Mike Labinjo.

"The guys will be pumped up and prepared for this next game. Ray's got a fast group of receivers who run good timing routes. Up front we did a good job in getting in his face but he's still able to find his receivers when they get open."

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Chicago Sox 4 Cleveland 2
Boston 5 Baltimore 4
Texas 1 Seattle 0
Detroit 9 L.A. Angels 6
Toronto 5 Minnesota 4 (11 ings)
N.Y. Yankees 8 Tampa Bay 4
Oakland at Kansas City (PPD)
NATIONAL LEAGUE
Florida 5 Atlanta 3
N.Y. Mets 9 Milwaukee 2
San Francisco 9 Colorado 2
Arizona 4 St. Louis 3
Washington 9 Philadelphia 7
Pittsburgh 6 Cincinnati 5
Houston 4 Chicago Cubs 0
San Diego at L.A. Dodgers

CFL

WEEK 11

TOMORROW'S GAME

CALGARY at Edmonton, 7

BASEBALL

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LAST NIGHT'S RESULT

CALGARY at Edmonton

TOMORROW'S GAME

CALGARY at Edmonton, 7:05
(CALGARY leads series 1-0)

Tennis Sibling rivalry



REUTERS/SHAUN BEST

Serena Williams of the U.S. returns a shot to her sister Venus during quarter-final match at the U.S. Open tennis tournament at Flushing Meadows in New York yesterday. Serena advanced to the semifinal with a 7-6, 7-6 victory.



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Back to School

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA



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Gear goes green

School supplies reflect public's environmental awareness

RAFAEL BRUSILOV
for Metro Canada



If you're going back to school, don't forget to go green.

With plenty of recycled and all-natural products on store shelves, it's easy to make your trip to the classroom an environmentally sound one.

Wal-Mart Canada spokesperson Felicia Fefer says offering a wide range of green products was a no-brainer for the retailing giant, given Canadians' strong sense of environmental awareness.

"It's one of the most important issues among Canadians today. Parents and children are looking for greener choices," Fefer said.

Backpacks made from recycled plastic pop bottles and bamboo socks highlight just some of the many green options — supplies made partially or wholly with recycled materials — the retailer has committed to offering consumers.

Samantha

A dry-erase board is a good way to avoid using a lot of paper.

"There is definitely a movement going on. People are choosing to buy the recycled option over the non-recycled option."

Samantha Hindmarch

Hindmarch and Cristina Franco, director of marketing and marketing manager respectively at major school-supplies firm Hilroy, agree that green supplies are more popular than ever this back-to-school season.

"There definitely is a movement going on. People are choosing to buy the recycled option over the non-recycled option," Hindmarch said.

Some of Hilroy's biggest hits this season are three-



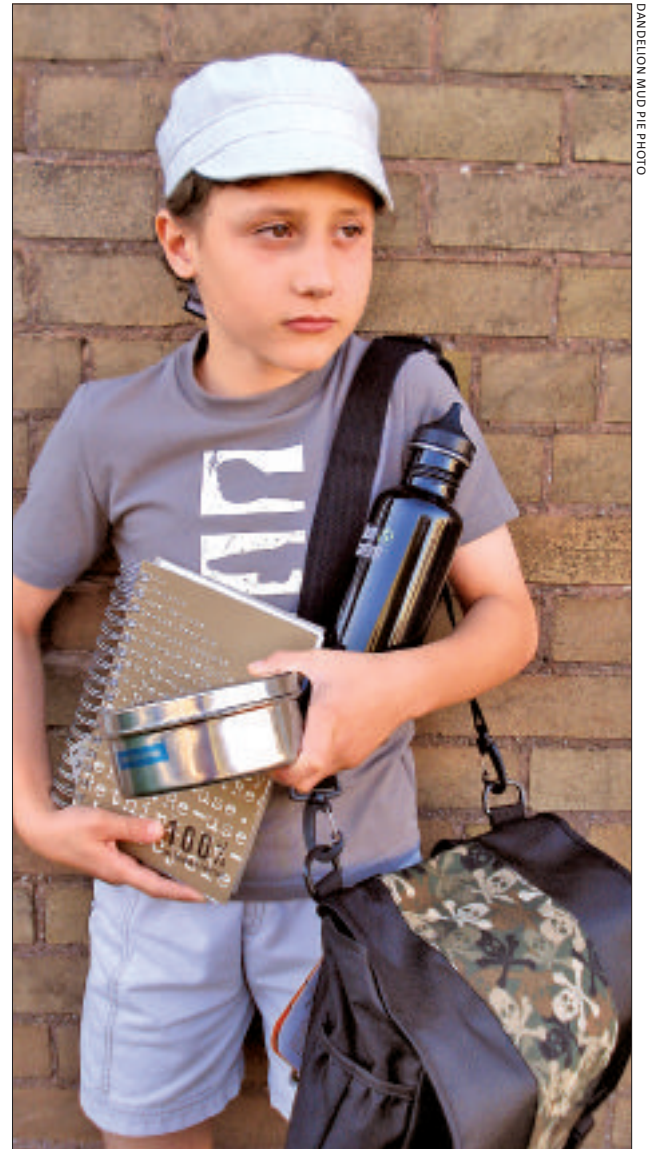
pronged report covers made from 100 per cent recycled materials, high school notebooks made with 30 per cent post-consumer waste (things like excess packaging, used magazines or junk mail), and paper sheets and primary school sketchbooks made with 50 per cent recycled paper and 30 per cent post-consumer waste.

Hilroy already had a full line of environmentally conscious school products in the 1990s but had to withdraw them due to a lack of demand.

Hilroy Grad Recycled Notebooks, below, are available at major retailers for \$4.99-\$6.99. The Hilroy Enviro-Plus Recycled Report Covers, far left, are available at major retailers for \$4.49.

Things are different today. "Consumers are more aware today — they understand the issues more. You see kids learning about it at school at a very early age," Franco said.

"It might have been just a fad back then but now it's a movement," Hindmarch added.



This year, environmentally-friendly school supplies include everything from stainless-steel Klean Kanteens, left, to backpacks, notebooks and lunch containers.

Franco is adamant, however, that how consumers treat their products is just as much a part of what makes them "green" as buying them in the first place. "It's not just about buying recycled goods — it's about recycling them later too," she said.

For those wary of manufactured materials, specialty stores like Dandelion Mud Pie in Toronto offer a broad

range of all-natural supplies.

Dandelion's owner, Helen Nestor, suggests sticking to lead-free plastics, aluminum-free drink bottles, and all-natural clothing fibres like bamboo, hemp and organic cotton.

"You want to stay away from all those things that are going into your skin, your dorm room, your locker," Nestor said.

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More than a Game

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Bracing kids for bullies

Shows of unusually strong jitters can be a warning sign



Give your child a fighting chance against bullying by keeping open lines of communication to monitor any potential incidents.

VAKIS BOUTSALIS
for Metro Canada



Heading back to school can inspire the usual chorus of complaints from some kids, but if your child is showing unusual pangs of anxiety there is a chance they are worried about a bully.

"What parents can be doing is looking at their kids for signs. If the child has a lot of anxiety over heading back to school, it could be because there was an incident at the end of last year," says Stu Auty, president of the Canadian Safe Schools Network.

Auty stresses the importance of communicating with your child in order to root out the source of their

"If the child has a lot of anxiety ... it could be because there was an incident at the end of last year."

Stu Auty

anxiety. If there was a bullying incident during the previous year, Auty suggests parents get together with the teacher as early as possible. "It's very important for a student to have a smooth transition into ... the school year."

By keeping open lines of communication, parents can monitor any potential incidents without being too intrusive.

"It's a fine balance," says Auty, adding that parents can't control whether incidents occur, but can help smooth the way.

Other signs Auty says to watch out for include an unexpected change of friends or behaviour, and if the child is faking illness to get out of school.

It is also important to remember that modern incidents of bullying are not restricted to the playground. Cyber bullying has become a common occurrence, and Auty says it's up to parents to have an understanding of what's happening.

It's a sentiment that is shared by Faye Mishna, associate dean of research at

the University of Toronto's faculty of social work.

Mishna says kids often hide incidents of cyber bullying from their parents because they are scared of what might happen.

"One, they are scared that they are going to lose their Internet privileges, and two, they are using their cellphone at school (when they are not supposed to). So they think they are going to get in trouble," explains Mishna.

She says it's important for parents to minimize damages by not focusing on the fact that their child may have broken the rules.

Like Auty, she stresses the importance of communicating in order to stay on top of any potential incidents.

School supply sales online go up

RAF BRUSLOW
for Metro Canada



A new survey shows the average Canadian expects to spend \$881 shopping online for their back-to-school needs this season.

The survey was conducted by Visa Canada and also showed that nearly one-third of Canadians plan to buy all their back-to-school supplies on the Internet.

Alongside books, which traditionally have been the most common back-to-school items purchased online, 41 per cent of respondents said they plan to buy computers and electronics for school and 32 per cent said they were going to buy fall and winter clothing online as well.



A third of survey respondents said they plan to buy all their supplies online.

Zack Fuerstenberg, a director at Visa Canada, says the results of the survey show Canadians are increasingly gravitating to the Internet for a wider variety of purchases during the back-to-school season. "It's interesting to see the variety of goods Cana-

dians plan to buy online – last year, when we conducted similar research, half of respondents were only planning to purchase books," Fuerstenberg said.

Forty-one per cent of respondents said they were turning to the Internet to make their purchases be-

cause of its convenience. Another 41 per cent cited better prices available online and 31 per cent said better selection was also a factor.

Males were more likely to shop for supplies online (42 per cent) compared to females (35 per cent).

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GERALD FILIPSKI
for Source Media Group



Xeriscaping is gardening that chooses plants suited for the surrounding conditions, and which require very little supplemental watering. Water conservation is part of the going green gardening movement and the bonus is that it is not only environmentally-friendly, but also is one of the lowest-maintenance forms of gardening available to homeowners.

While it is true that xeriscape container gardening comes with its own unique set of challenges, there are tips for making it successful.

Choose the right plants for the right conditions. Choosing plants not well-suited to grow with little water defeats the project before it even gets started, so do your homework first.

Amend the potting mix

Add organic matter (compost). Also, consider adding water retaining crystals (hydrogels) and mycorrhizal fungus such as MYKE. Making the mix as nutrient-rich and water-retentive as possible helps diminish supplemental watering.

Group the plants

According to their requirements — this is one method of reducing water waste. Think ahead to the type of garden you want.

Water efficiently

Consider using a drip irrigation system that minimizes loss of water to the atmosphere. Traditional watering methods result in spillage and evaporation.

Mulch Mulch Mulch!

The use of organic mulch such as compost mulch will help in many ways. A five to 7.5 centimetre layer

will help keep the soil moist, it will feed the soil with nutrients and keep the soil temperature cooler.

Be a xeriscaper

This means being a vigilant weeder. Weeds can steal nutrients and valuable water from other plants, so weed regularly. Do not overfertilize as this can promote spindly growth that requires extra water.

Most gardeners, when they first hear about xeriscaping immediately think that this type of gardening requires the use of exotic plants or those that will not do well in a Prairie climate zone. This is not true at all. In fact, some of the most common garden plants can be xeriscape plants, especially grasses as many are naturally drought resistant.

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Is the perfect white wine out there?

How to pick the perfect wine is a frequently asked question at The Wine Shop. As though the big-city hustle wasn't enough, we've seen Calgarians stressing out over the simplest matter of all: finding a great white wine to enjoy!

There are a lot of choices out there- a well-stocked shop can seem like a maze and the wine lists at some restaurants read like a surrealist play from a foreign country. Amid all that, we're often asked how to pick the perfect white wine, but of course, there's no one bottle that fits the bill.

The perfect white wine is the one that fits the situation, the meal or the celebration, but most of all, the perfect white wine is the one you love to drink!

When you come to The Wine Shop, you'll find our passionate staff of experts (wine geeks, really...) ready to recommend the best bottle for you. In the meantime here are some simple tips to guide you through a common scenario:

On a hot summer day (yes, there are more to come!) a great wine to enjoy on its own, soaking the sun on a patio, is a crisp, clean and very refreshing Di Lenardo Pinot Bianco (\$17.99), chilled to perfection....it will make you want more! When accompanying a meal, a wine should complement the most prominent flavor in the food, which is often the sauce. Emphasize the similarities: Serve a lighter wine with lighter food like the classic pairing of Cuttaway Hill sauvignon Blanc (\$20.99) from Australia and a Goat Cheese Spinach Salad. Heavier whites like Chardonnay and Viognier require a heavier meal. For example: Facelli Chardonnay (\$23.99) from Washington served with a Halibut in a Beurre Blanc. The buttery and oaky flavors of this wine will match perfectly the sauce. Sweeter wines like Sauternes, Ice Wine and Beerenauslese should be saved for dessert and cheeses. My favorite is Pierre Amadieu Muscat de Beaune de Venise (\$33.99) and Vanilla Crème Brûlée. What a fantastic way to end a meal!

The Wine Shop has been serving Calgary since 1985. Our special license allows us to import directly from around the world. We select the best vintages we find for our inventory, which includes astonishing exclusive wines and international favorites. With Sommelier training and WSET certification, our staff is set to open up the world of wine for you. We are proud to offer wine courses, personal shopping experiences and customized wine events for your friend or organization.

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MJ says: it's not complicated.

À la carte

Barb Holland

Metro Food Writer

Oh boy, back to school, back to routines and yes, packing lunches again. Here is a recipe for easy and tasty no-bake bars that can be wrapped for lunch boxes or as an after school snack, and a few tips.

Chewy Dried Fruit Oatmeal Bars

Change it up with your preferred dried fruit in place of the apricots and raisins — figs, dates and dried cranberries, cherries or blueberries. Makes 18 bars.

INGREDIENTS:

- 1-1/2 cups (375 mL) Corn Flakes or Rice Krispies type cereal
- 1 cup (250 mL) quick cooking oats (not instant)
- 1/2 cup (125 mL) diced dried apricots
- 1/2 cup (125 mL) raisins
- 2 tbsp (30 mL) butter
- 1/4 cup (60 mL) brown sugar
- 1/4 cup (60 mL) liquid honey

- 1 tsp (5 mL) grated orange peel
- 1/2 tsp (2 mL) vanilla

METHOD:

Line a 9-inch (23 cm) square baking pan with a parchment paper sling (ends hanging over to make it easy to remove). Lightly oil or spray ends that do not have paper.

In a large bowl, combine cereal, oats, apricots and raisins.

In a small saucepan, combine butter, brown sugar and honey. Over medium heat, bring to a boil, stirring frequently. Boil 1 minute, stirring often. Remove from heat, stir in orange peel and vanilla.

Pour over cereal mixture and stir well to thoroughly combine. Press evenly and firmly into prepared pan. Refrigerate to firm up.

Better Brown Bagging :

- The midday meal should meet 1/3 of your children's daily nutritional needs. Include at least one food from each of the four food groups in their lunch box: Fruit and vegetables, grains, dairy products, meat and meat substitutes. Including the four food groups not only provides healthy meals, but adds colour — just think of the rainbow of Canada's Food

“Variety is key to successful lunches, variety in flavour, but also in colour and texture (soft, crunchy, smooth, firm).”

Barb Holland/for Metro Canada

Honey, time for school



Honey gives this recipe a natural sweetness.

Guide to Healthy Eating.

- Keep lunch staples on hand in your refrigerator and pantry: Fruit juices, tomato cocktails, canned fruit, fruit compotes, cereal bars, cheese sticks, dried fruit, yogurts, individually packed carrots and fruit, etc. Have your children prepare the lunches with you. They will pack preferred foods and are less likely to trade or toss if they have invested the

time.

- Buy re-usable containers — sturdy lunch bags and boxes are available now in a fun range of colours. Include fingertip ‘wipes’ or a damp cloth in a sealable bag. Wrap your sandwiches in parchment paper — it's a sturdy wrap and can be recycled into the green bin.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Hot eats by the beach

Shutters on the Beach in Santa Monica, Calif., is an iconic, luxury seaside resort that is often frequented by the Hollywood elite. In her new cookbook, The Summertime Anytime Cookbook: Recipes from Shutters on the Beach (Clarkson Potter), co-owner Dana Slatkin brings secrets from the famed hotel into every home. Metro got a hold of this “meaty” recipe:

Shutters Vegetarian Burger

Many restaurants appease their vegetarian guests by slapping a frozen vegetable patty on the grill and serving it up burger-style. Not at our boardwalk café. This burger deserves an extra-large whole grain or sprouted-wheat bun.

INGREDIENTS:

- ¼ cup barbecue sauce
- 2 tbsp soy sauce
- 1 tbsp of hoisin sauce
- 1 tbsp molasses
- 1 (15-ounce) can black beans, drained
- 2 cups cooked brown rice
- 1 tbsp oat bran or wheat germ
- 2 tbsp finely chopped onions
- 1 tbsp minced garlic
- 2 tbsp finely chopped cooked beets (fresh or canned)
- 1 tbsp minced jalapeno pepper, seeded
- 2 tsp extra-virgin olive oil, plus additional for cooking
- ½ tsp ground cumin
- ½ tsp Chile powder
- Kosher salt and freshly ground pepper
- 1 large egg white, beaten
- 6 slices of Monterey jack



The Summertime Anytime Cookbook, hard cover, is available at Amazon.ca for \$23.91.

or sharp Cheddar cheese

METHOD:

In a small container, stir together the barbecue sauce, soy sauce, hoisin sauce, and molasses.

In a large bowl, mash the beans with a fork. Stir in 3 tablespoons of the barbecue sauce mixture along with the rice, oat bran, onion, garlic, beets, pepper, oil, cumin, and Chile powder. Season to taste with salt and pepper before adding the egg white. Form into 6 patties, each about an inch thick. Brush

the burgers with the remaining barbecue sauce mixture.

Heat a heavy skillet over medium-high heat and add a thin film of oil. Cook the patties until they are well charred on each side, about 4 minutes per side, being careful when flipping them as they fall apart easily.

Top them with the cheese and cook until the cheese is melted, about 2 minutes.

Transfer the burgers to serving plates.



The Wine Shop at 17th Ave & 5th St. SW

The Wine Shop

Armani designs Egyptian villas

Giorgio Armani will design his first villas for a \$1.85 billion gated community development in Egypt that is just two hours' drive from Cairo, the Italian fashion designer said recently. The villas will be up to 500 square metres in size and with up to four bedrooms, each with its own pool. **REUTERS**

Style



Beauty powerhouses collaborate

Can't get enough OPI? Well fans of the popular professional nail care line can now try hot new colours in the form of the Sephora by OPI line, a recent collaboration by two beauty powerhouses. Offering more than 60 items in all, Sephora by OPI boasts 54 long-lasting, chip-resistant nail lacquers as well as nail care items like hand moisturizers, cuticle oil and nail colour remover. Left: nail shades in Arm Candy, far left, Caffeine Fix and Nonfat Soy Half Caff, \$11 each. **METRO NEWS SERVICE**

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

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16

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Ledger voted top summer villain

MOVIES Heath Ledger's chilling portrayal of the Joker in Batman blockbuster *The Dark Knight* easily surpassed rivals to be named the summer's best movie villain in a poll released on Wednesday.

Ledger, 28, won 95 per cent of votes in a poll by AOL's MovieFone.com.

In brief

PEOPLE Officials Tuesday said they charged two Malibu men for attacking a paparazzo who was snapping pictures of actor Matthew McConaughey as he was surfing in the Pacific Ocean in June.

REUTERS

IntelleVision

Rick McGinnis

WILL RETURN

New vibrations

Brian Wilson

Album: That Old Lucky Sun
Label: Capitol/EMI
Rating: ●●●

IT'S TIME PEOPLE stopped waiting for the second coming of Brian Wilson. While it's true the head Beach Boy created some of the most sublime sounds ever produced on the planet ... that was more than 40 years ago. We've been hoping ever since that Brian would simply step out of his shrink's office and pick up where he left off with *Heroes and Villains*. It ain't gonna happen. That *Old Lucky Sun* is an ambitious, but quirky attempt at a southern California suite. At the age of 66, however,



That Old Lucky Sun is the new album from Brian Wilson.

Wilson should not be singing odes to surfer girls. It just seems icky. It might have been nicely nostalgic if his shakey voice wasn't so annoying. And when he breaks into spoken word to recite Van Dyke Park poetry, it's embarrassing. Brush off your copy of *Pet Sounds* and give this one a pass.

Graham Rockingham

New Kids On The Block

Album: The Block
Label: Interscope/Universal
Rating: ●

LIKE THE SILLY album name, this band's first record in 14 years is a collection of juvenile boy band songs. It's hard to understand why NKOTB even released a new disc — concert fans only want to hear the hits. If they think they can reclaim their best selling status, they better think again — this five-piece doesn't have the right stuff.

Bryan Borzykowski

more online

For more album reviews visit metronews.ca

Hangover cure — get out there

I'm hungover. Well, not literally. It's not like it's Friday. Or Monday, for that matter. I'm experiencing a figurative hangover brought on by the weather shift and the calendar-page flip.

Oh yeah, and I turned 30 this week. That might have something to do with it.

Sigh. But if I've learned one thing I can pass on in my three short decades on this planet, it's how to cope with a hangover.

1. Try not to exert yourself: I'm not granting permission to pull the covers up over your head and stay in bed. Instead, embark on something that doesn't require physical or mental exertion. Like looking at art, for example. Just tilt

SlickCity

Heather Setka

slickcity@metronews.ca

your head to one side, say "hmmmm" and nod. No one will guess that you can barely see straight. Unless they smell you.

May I suggest the Artcity Festival? The 10-day event begins with tonight's First Thursday at Art Central (100 7th Ave SW). Touted as a visual art, architecture, and design celebration, the city-wide festival showcases Calgary's incredible, if not vocal, arts community. View artcityfestival.com for listings, including the whereabouts of the Truck Gallery's Camper.

2. Conserve fluids, and money: A tear can rip a large hole in your bank account. That's plenty reason to check out the final RAMP show at Broken City (613 — 11th Ave. SW). The two-year series ends tonight with the economical option of several live acts on one bill for one paper bill. Take in Honeybear, The Beverly D'angelos (best band name ever) and more. Visit my-space.com/rampcalgary.

3. Avoid sunshine: Feeling light sensitive? Head to the Rothney Astrophysical Observatory (ucalgary.ca/rao/home/driving) this Saturday night. In addition to the night sky, you can bask in the words of several astronomers for only \$10 a carload.

4. Laugh out loud, for real: Sometimes the best part of a night out is laughing about it the next day. You can't manufacture these moments. But you can create a reasonable facsimile on Friday at the Improv Guild (2405 Macleod Tr. SW). The show starts at 8 p.m. The suggested is \$5.

5. Rest: You could stay home. But that might make you seem old ... like some people encountering milestones. Notice the word "seem." After all, age ain't nothin' but a number, baby.

critics'corner

NFL Football

Whose dreams of an undefeated season can the New York Giants ruin this season? Well, for starters, the Washington Redskins', if the Super Bowl champs have their way with their NFL East rival in tonight's season-opener at Giants Stadium, where 80,000 raucous fans await Eli Manning and his mates. Preseason notwithstanding, it's the Jints' first official appearance at home since bursting New England's perfect bubble in the Super Bowl. 5 PM on KHQ



jPod

Steve (Colin Cunningham) is addicted to heroin and thinks it's great! Unfortunately, his friends don't agree; they're not liking his new personality very much in "The Betty and Veronica Syndrome." Ethan (David Kopp) has his own problems when he becomes interested in two women — who happen to be friends with each other. No, Ethan, no. 8 PM on CBRT

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/4/08	267	351	- ACCESS	Law & Order: Criminal Intent	Stargate SG-1		Missing "Phoenix Rising"		Grey's Anatomy		Help TV
	243	317	3 CFCN	eTalk	Hollywood	CSI: Miami	Flashpoint (DVS)		CSI: Crime Scene Invstgtn.		News (N)
	-	-	4 BROAD	(4) Broadcast News News.	Broadcast News News.						
	-	371	5 KXLY	News	News	Republican Convention	Ugly Betty (HDTV)		Grey's Anatomy		Entertainment
	245	306	6 CBRT	Coronation St.	Rick Mercer	iPod (HDTV) (DVS)	Doc Zone: The Climb		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Big Brother 10	90210 "We're Not in Kansas Anymore; The Jet Set" (N)				News Hour
	246	-	8 CKAL	Law & Order: SVU		Glam God With Vivica A. Fox	Ugly Betty (HDTV)		Friends	Friends	Your City
	119	705	9 CBXFT	Des squelettes	Bravissimo	Bravissimo: l'OSM	Bons baisers de France (SC)		Le Téléjournal (N) (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming					Local Programming		
	-	372	12 KREM	News (N)	Hollywood	Republican Convention	Big Brother 10		CSI: Crime Scene Invstgtn.		Paid Program
primetime	-	374	14 KSPS	(6) Republican National Convention	(HDTV) (Live)		Sherlock Holmes Mysteries		Globe Trekker (DVS)		Soundstage
	502	390	15 CBC	CBC News: The National	The Nature of Things		CBC News: The National		CBC News: The National		Nature-Things
	-	370	16 KHQ	NFL Football	Republican Convention		News		Jeopardy!	Wheel-Fortune	Raymond
	-	373	22 KAYU	'70s Show	The Simpsons	Two/Half Men	Two/Half Men		Kitchen Nightmares "Revisited: Gordon Returns" (N)		News (N)
	297	652	37 WPIX	(6) 90210 (HDTV)	CW11 News at Ten		Two/Half Men		Sex and-City	Will & Grace	Frasier
	500	500	29 CNN	(4) Republican National Convention	Coverage of the Republican National Convention.				Larry King Live (N)		Cooper 360
	508	502	31 CNN2	Glenn Beck	Nancy Grace		Showbiz Tonight		Glenn Beck		Nancy Grace
	400	400	21 TSN	NFL Football	SportsCentre (HDTV) (Live)				U.S. Open Tennis	Men's Quarterfinals. (HDTV)	
	408	418	27 net	MLB Baseball	Sportsnet Connected (Live)		Heads-Up Poker Champ.			Sportsnet Connected (Live)	Best-Sports
	410	403	30 SCORE	(6:30) College Football South Carolina at Vanderbilt. (Live)			Score Tonight			Final Score	Sports Rage
sports	411	457	44 OLN	Survivorman	Pilot Guides	Odyssey	Pilot Guides		Don't Forget Your Passport		ColtraneBritain
	417	406	48 SPEED	Pinks -- All Out (HDTV) (N)	Wrecked (N)	Wrecked	Pinks (HDTV)	Pass Time	Pinks -- All Out		Pinks -- All Out
	552	543	20 YTV	Drake & Josh	iCarly	H2O, Just Add	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	The Suite Life	Natural-Sadie	Han. Montana	Life Derek
	555	545	67 TOON	World of Quest	Johnny Test	George-Jungle	Bugs Bunny & Tweety Show	6teen	Total Drama	Futurama	The Critic (N)
	575	583	11 CMT	Reba	Hope & Faith	Home Improve.	Home Improve.	Karaoke Star "Halifax, NS"	Reba	Hope & Faith	Home Improve.
	553	546	17 TREE	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer
	-	-	18 CHTV	'70s Show	E! News	Zoe Busiek: Wild Card (N)		Behind the Camera: Unauthorized Story of Diffrent			News (N)
	505	398	19 TWN	EarthWatch One		EarthWatch One		EarthWatch Two			
	602	568	23 W	Shopping Bags	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House
family	521	560	24 TLC	American Chopper		Street Customs (HDTV)		Overhauled (HDTV)		American Chopper	Street
	603	561	25 FOOD	Unwrapped	Unwrapped	Secret Life of	Secret Life of	Ace of Cakes	Ace of Cakes	Iron Chef America	Unwrapped
	615	520	26 A&E	The First 48 (HDTV)		Jacked: Theft	Jacked: Theft	Crime 360 (HDTV)		The First 48	The First 48
	617	522	32 SHOW	Wife Swap Mindful wife. (N)		Painkiller Jane "Pilot"		ReGenesis "Blackout"		Trailer Park	Trailer Park
	601	562	33 SLICE	Last 10	Bulging Brides	The Biggest Loser		Rich Bride, Poor Bride		Last 10	Bulging Brides
	-	633	34 ENC2	(7:10) Carver's Gate ★★ (1995, Science Fiction)				Shaft's Big Score! ★★ (1972, Mystery)			(10:45) Shaft ★★ (1971)
	520	505	35 DISC	Naked Science		MythBusters		Daily Planet		Sport Science	Naked Science
	620	523	36 BRAVO	(6:30) Water ★★ (2005, Drama) Seema Biswas.				Law & Order "Expert"		Without a Trace	Smash-Up Stry
	294	650	40 WPCB	Alfie ★★ (2004, Comedy-Drama) Jude Law, Omar Epps.				Seinfeld	Frasier	Cheers	Alfie ★★ (2004)
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park
cable variety	-	539	42 TCM	(7:15) Jewel Robbery ★★ (1932, Comedy)			One Way Passage (1932)		(9:45) Divorce ★ (1945, Drama)		Man Wanted
	628	584	43 SPIKE	TNA IMPACT! (N)			UFC 88 Countdown		MANswers	MANswers	Whacked Out
	522	516	45 HIST	The Perfect Weapon		NCIS "Singled Out"		Lost Worlds		The Perfect Weapon	NCIS
	627	528	46 SPACE	Weird Science ★★ (1985, Fantasy) Kelly LeBrock.			Stargate SG-1 (DVS)		Star Trek: Voyager		Star Trek: Ent.
	-	-	47 AMC	(6) Sudden Impact (1983)		Sudden Impact ★★ (1983, Action) Clint Eastwood, Pat Hingle.		Timecop ★★ (1994, Science Fiction)			
	619	525	49 TROP	Make or Break	Naked Fashion	Beverly Hills, 90210		Make or Break		Family Guy	Seinfeld
	600	564	50 HGTV	The Fix	Disaster DIY	Junk Brothers	The Big Flip	Holmes on Homes Attic.		Restaurant Makeover	The Fix
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline		Commodities	Squeeze Play
	526	507	92 CLT	(6) Last Chapter		Mysterious Ways		Judging Amy		History of Pop Culture	Last Chapter
cable variety	269	350	93 APTN	First Talk	News	Overseas Leg.	From the Spirit	Canadian Geographic		Circle of Champions	The Mix
	-	-	94 MCP	(6:30) News		The Land	Daughters-Law	Vancouver	Main Office	Dheeyan Ghar	Sadabahar
	571	581	100 MMM	Canadian Idol	Where You At	I Want to Work for Diddy		Party of Five		Canadian Idol Top three.	Canadian Idol
	570	580	101 MM	Muchmsc Ctdn	Instant Star	Instant Star	Born to Be	Technical Diff.	disBand	Pimp My Ride	Technical Diff.
	581	566	102 MTV	The Hills	Super Sweet	Exiled	MTV Cribs	MTV Live	After	Step, Repeat	The Hills
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Actor Hugh Grant has sparked rumours he is dating former model Catherine Fuller after the pair was photographed enjoying a day out in New York's Hamptons. IMDB.COM

Celebrity Buzz

Mischa uncovers rehab stint

PEOPLE Actress Mischa Barton has revealed she secretly checked into rehab after her drunk driving arrest last year, imdb.com reports.

The former *The O.C.* star was arrested on suspicion of DUI in December, and was sentenced to 36 months on probation, alcohol education classes and a fine after pleading guilty to charges this spring.

Now Barton has revealed she punished herself over the lapse in judgment by locking herself up at an unnamed rehab clinic in a bid to prove to herself and the authorities she was not a drunk.

"I wanted to prove to the court that I would take it completely seriously, so I went to rehab to prove I was sober," she tells Marie Claire's U.K. edition. "It really helped in getting the more serious aspects of my case dropped because, you know,

that's what they want to hear; you're not an alcoholic and you don't have a problem. So I did it in the most low-key way possible — I didn't make a fuss about it and I didn't tell a lot of my friends. I just did the program and got through it."

Barton is still angry with herself for driving while over the limit.

"The thing is, I hate drunk drivers," she says. "Living in L.A., I can't stand them, and

that's why I was so disappointed in myself. It's so not worth it when you put other lives at risk."

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GETTY IMAGES/PHOTOS

Kate lauds breakup

RELATIONSHIPS Kate Hudson says her divorce from Chris Robinson was the "best thing that ever happened" to her, femalefirst.co.uk reports.

The actress, who has a four-year-old son with the Black Crowes front man, insists the couple's relationship has improved dramatically since their legal separation in October 2007.

"Look — Chris and I are still basically living together! We've figured it out. I mean, obviously, nothing's perfect, but I could never

look at our divorce as a mistake. If anything, it's the best thing that ever happened to us," Hudson tells *Cosmopolitan* magazine.

Hudson also revealed she doesn't regret forsaking her partying years to have a child.

"Am I going to look back and say, 'God, I wish I could have gone to that concert?' I'd rather be listening to my son sing songs. I'd rather be watching him sleep," she says.

METRO NEWS SERVICES



celebrity brief

Jonas may have inspired song

RELATIONSHIPS So who's the guy singer/actress Miley Cyrus is referring to in her song 7 Things?

"The necklace she's wearing in the video is the necklace (the boy) gave her," the video's director, Brett Ratner says. "She's wearing his diabetes or medical necklace."

Singer Nick Jonas, who split with Cyrus in late 2007 after two years of dating, has Type 1 diabetes and is a spokesperson for awareness of the disease.

METRO NEWS SERVICES



David pans cheat talk

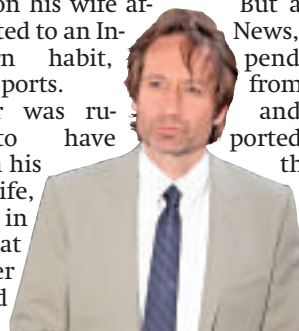
PEOPLE David Duchovny has played down rumours he cheated on his wife after he admitted to an Internet porn habit, imdb.com reports.

The actor was rumoured to have strayed from his actress wife, Tea Leoni, in reports that emerged after he entered

rehab for sex addiction last week.

But according to Fox News, Duchovny's dependency stemmed from online porn, and Leoni has reportedly been aware of the problem and has been supportive, says a source.

METRO NEWS SERVICES



Partying leaves Paris 'empty'

PEOPLE Hotel heiress Paris Hilton is curbing her party lifestyle because it leaves her feeling "empty," femalefirst.co.uk reports.

"I don't want to go to clubs now," she says. "I was caught up in a

lifestyle that seemed fun at the time, but ultimately left me feeling very empty."

She attributes her reformed character to her boyfriend, rocker Benji Madden.

METRO NEWS SERVICES



"This makes no sense at all..."

by Joe O'Neill

A few days ago, I opined in this very column that the story about David Duchovny seeking help for sex addiction was nothing but a publicity ploy meant to coincide with the debut of Season 2 of *Californication*, in which Duchovny plays, of all things, a sex addict.

The latest revelation, that his problem relates to his alleged compulsive consumption of Internet porn, makes me both reach for my grab-bag of Grade 7 masturbation jokes, and admit upon careful reflection that I was wrong.

Consider Duchovny's previous roles, and a pattern emerges. In *The X-Files*, his character had a huge pornography collection. In *The Red Shoe Diaries*, he was a man who drifts each episode into a different, seedy coupling. In *The Rapture*, he was a swinger married to Mimi Rogers.

So, I take it back. David Duchovny's quest for help with sex addiction isn't a cynical publicity ploy for his series. He's just a strange guy who may have been taught to imagine the audience in its underwear many years ago and has never looked back.

The truth is out there. David Duchovny's arm is really sore. I want to believe.

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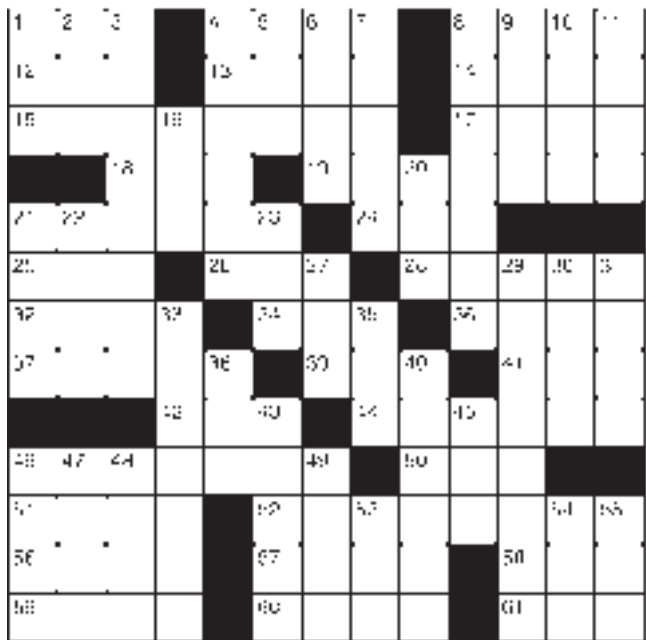


Beer and basketball?

Actor Sam Rockwell has revealed he will be starring as an alcoholic coach in a new movie. "It's a dramatic film about an alcoholic basketball coach and this girls' high school basketball team," he says. [FEMALEFIRST.CO.UK](#)



Take Five



Crossword down

- 1 Neg. opp.
- 2 Chinese path
- 3 Developing an attachment?
- 4 Usage
- 5 Lennon's lady
- 6 Techno-datebooks
- 7 Sleep
- 8 Germ-free
- 9 Attempt
- 10 Mexican money
- 11 Charon's river
- 16 Potent stick
- 20 "— Wiedersehen"
- 21 Nonsense
- 22 Sandwich cookie
- 23 Young seal
- 27 Obtain

- 29 Kept tabs on
- 30 Takeout request
- 31 Booty
- 33 Some go for the gold
- 35 Roscoe
- 38 Bill's partner
- 40 1974 Dolly Parton hit
- 43 Rolling Stones classic
- 45 Shell-game need
- 46 Carvey or Delany
- 47 The yoke's on them
- 48 Pleased
- 49 A long time
- 53 "Smoking or —?"
- 54 Rd.
- 55 Evergreen type

Play more games online at: [metronews.ca](#)

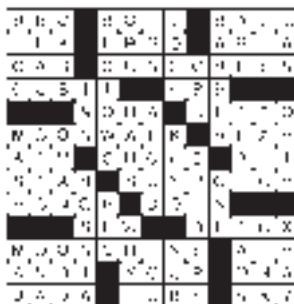
Crossword across

- 1 Bake sale org.
- 4 TV reality series
- 8 Venomous vipers
- 12 LummoX
- 13 Destroy
- 14 Cancel a dele
- 15 Flattery
- 17 Uncomplicated
- 18 Passbook abbr.
- 19 Orator's place
- 21 Redeemable item of yore

- 24 Trench
- 25 Swiss canton
- 26 Oktoberfest souvenir
- 28 Jabbers?
- 32 Give temporarily
- 34 "Married ... With Children" mother
- 36 Eats
- 37 Reason
- 39 — Mahal
- 41 Khan title
- 42 Tibetan gazelle

- 44 Big cheese
- 46 "Confounded!"
- 50 Zodiac cat
- 51 Wheelbase terminus
- 52 Never to return
- 56 Approach
- 57 Privy to
- 58 Previous night
- 59 "No ifs, —, or buts"
- 60 Slave to crosswords?
- 61 Morning moisture

previous day's answer



Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

A long chat leads to the revelation of feelings. Discord takes up precious time tonight. Take care around sharp objects.

TAURUS

APRIL 21-MAY 21

Play games with worthy opponents. Add a dash of fantasy to a dull afternoon. A friend is leading a life of quiet desperation.

GEMINI

MAY 22-JUNE 21

Prepare for general misunderstandings. You'll race around trying to jog your memory. You could get lost on the way home.

CANCER

JUNE 22-JULY 22

You and a friend have to agree to disagree. You have the power to defuse a tense situation. Do some serious research on an overbearing person.

LEO

JULY 23-AUG 23

Protest against those who are unappreciative of your efforts. You'll suddenly get a second chance. Someone throws you a curve ball at work.

VIRGO

AUG 24-SEPT 22

Stay centered and refuse to become cynical. Tone down your opinions before it's too late. You'll take a stroll down memory lane.

LIBRA

SEPT 23-OCT 23

Moping is not your style. Instruct others on the possibilities of magical goal-achievement. Something is causing emotional turmoil in a friend.

SCORPIO

OCT 24-NOV 22

People tend towards intellectual intensity. A former antagonist magically reappears. Do menial chores and expect things to return to normal.

SAGITTARIUS

NOV 23-DEC 21

Witnessing a traffic accident disturbs someone. You receive confirmation of awaited plans. Trust yourself when it comes to bureaucracy.

CAPRICORN

DEC 22-JAN 20

You'll struggle not to lose your temper. Give in to the pressure of thinking of others first. Good work leads to self-confidence and financial rewards.

AQUARIUS

JAN 21-FEB 18

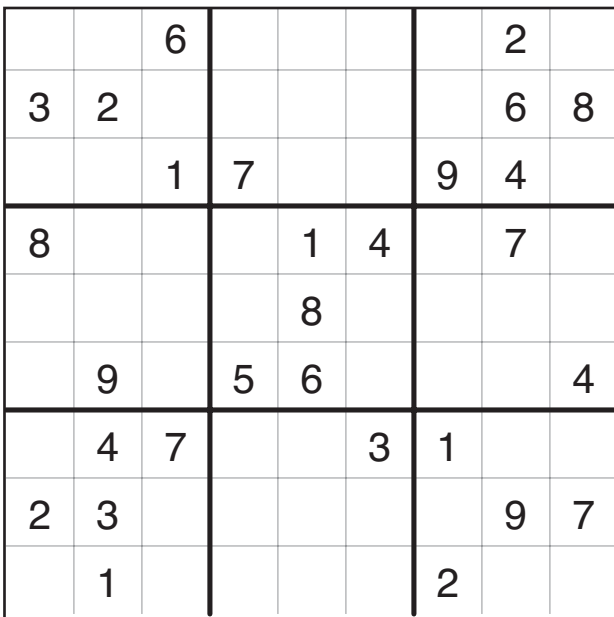
Take steps to prove someone wrong. You produce one clever idea after another. Don't let petty irritations develop into major headaches.

PISCES

FEB 19-MAR 20

An absurd nickname is pinned on you. Do not engage in argumentative behaviour. Your normally overactive brain is somewhat sluggish.

Sudoku



previous day's answer

6	7	2	9	3	5	8	4	1
1	8	5	6	4	7	3	9	2
4	9	3	1	8	2	6	5	7
2	6	9	4	5	8	1	7	3
7	5	1	2	9	3	4	8	6
8	3	4	7	6	1	5	2	9
9	1	8	5	7	6	2	3	4
5	2	7	3	1	4	9	6	8
3	4	6	8	2	9	7	1	5

HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

SUDOKU SOLVE TIME IN MINUTES:

Under 13..... Genius
13-17..... Scholar

17-21..... Smart
21-25..... Not bad

25+..... Keep practising
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WORDY GURDY

1. Fill in the missing letters to complete the words.

2. Using the words, complete the crossword puzzle.

3. The words are:
a. Young River
b. Wily
c. A small river
d. Using
e. A small river
f. A small river
g. A small river

Calgary weather

Afternoon: Variable. 16°
Tonight: Cloudy. Low 2°
Friday: Mainly sunny. 15°/6°
Saturday: Partly sunny. 14°/5°
Sunday: Variable. 15°/1°

Temperature Normals: High: 19.6° Low: 6°
Records: High: 30°/1924 Low: -2.8°/1892
Sunrise: 6:54 a.m. Sunset: 8:13 p.m.
Moonrise: 1:00 p.m. Moonset: 9:28 p.m.

TWN incorporates MSC data

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**50 countries.
1,000 competitors.
48 skill categories.
1 year away.**

WorldSkills Calgary 2009 is only one year away.
Let the countdown begin.

They're coming. From September 1 to 7, 2009, over 1,000 competitors representing 50 countries in 48 skill categories. The best of the best are converging on our city as part of WorldSkills Calgary 2009. These bright young men and women (22 and under) will be taking skilled careers to a level never seen before in Calgary.

Spread out over 800,000 square feet on the Stampede Grounds, WorldSkills Calgary 2009 will be second only to the Olympics in its size as a competitive event hosted in our great city.

You'll see young people from around the world compete in everything from website design and mobile robotics to the culinary arts and carpentry. Our competitors, drawn from regional and national skill competitions, represent the best the planet has to offer.

And it's all only a year away. Visit www.worldskills2009.com to find out more.

